How to Avoid Text Neck?

tonyodarg.wordpress.com/2020/01/04/how-to-avoid-text-neck

Tony Odarg January 4, 2020

Texting Neck
aka Anterior Head Syndrome
Tension Headache
Neck and shoulder pain
Difficulty breathing, pain in middle of back, chest, and lower back

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There is a growing number of young people developing horns, so here's how to avoid that.

#TextNeck #Posture #Tech #Horns #SpinalPain

Links

Preventable: https://marathonpt.wordpress.com/2015/01/27/7-ways-to-avoid-text-neck/

Archive: http://archive.fo/hcuII

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